

Lumpkin County Senior Center
266 Mechanicsville Rd.
Dahlonega, GA 30533
706-864-2358

Tai Chi for Health

Instructor: Angie Elmore

Benefits include improved flexibility, increased muscle strength, improved fitness and improved balance for fall prevention. Chairs will be used in this class to assist with balance as needed. Wear comfortable clothing that allows for movement.

September 9th – October 17th (6 week session)

\$3 per class or \$15 for full session

Choose a time that fits your schedule

Wednesdays 10 – 11am

and

Wednesdays 4 – 5pm

Tea, light refreshments and fellowship after each class